

## ABSTRACT

A method of making an elastic pad for a sole in footwear has the following steps. Form an elastomer, a positioning rod is extended from the elastomer, the positioning rod supports and positions the elastomer in a mold. Form gasbags, by enclosing the elastomer with heated plastic film in mold then close the halves of mold. An elastic pad is then formed. Trim the elastic pad along the pressed periphery which is formed by the mold closure on excessive plastic film.

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